

ELECTRIC COOKING EQUIPMENT

SELECTION, OPERATION, AND CARE POINTS

ELECTRICITY FOR COOKING HEAT:

Wires made of certain metals, in this case nickel chromium, offer resistance to the passage of electric current which produces heat.

ELECTRIC COOKERY ABC'S:

Accurate	Efficient
Cool	Fast
Clean	Healthful
Convenient	Safe
Dependable	Simple
Economical	Time-saving

COMPARATIVE COST: ELECTRICITY-BOTTLED GAS

Electricity	Bottled gas
3¢ per kwh. =	10¢ per lb.
2½¢ per kwh. =	8 1/3¢ per lb.
2¢ per kwh. =	6 2/3¢ per lb.

1 kwh. equals about .32 lbs. LP* gas

100 kwh.	32 lbs.
2½¢	8 1/3¢
\$2.50	\$2.72

TYPES OF ELECTRIC COOKING EQUIPMENT:

Hotplate -----	\$ 5 - \$30
Roasterette or casserole	\$ 5 - \$10
Roaster -----	\$30 - \$65

Range:

Portable -----	\$30 - \$100
Apartment -----	\$125 - \$175
Standard -----	\$110 - \$375

SELECTION POINTS - HOTPLATE:

1. Sturdy construction
2. One unit at least 1000 w.
3. Three-speed switch
4. Durable finish (porcelain, chrome)
5. Double unit preferable

OPERATION OF HOTPLATE:

Use on appliance, not lighting circuit
Start on High. When steaming vigorously turn to Low or Off. Keep food covered. Time
Use high-wattage hotplate for canning

CARE OF HOTPLATE:

Open unit: Invert tin pie pan, sprinkled with water, over it. Turn to high 10 min.
Protect from salt, soda, sugar, soap, acid, metal, sharp instruments, sharp blows.
Avoid getting grease or water on cord.

*Liquified petroleum.

SELECTION OF ROASTER:

Finish: good enamel - white, black, ivory
Handles: easy to grasp, heat-resistant
Size: larger size is more practical
Shape: rectangular shape is preferable
Insulation: 1-2" rock or glass wool
Thermostat: switch marked with temperatures
Wattage: 1,000 - 1,320 w., highest better
Inset pans: ovenware, glass go to table
Rack: adjustable, sturdy, simple
Broiler: grid is well better than lid type
Lid: glass panel; aluminum or chrome-plate
Cord: rubber covered, UL red or gold band

OPERATION OF ROASTER:

Place on table of good-working height
Locate in cooking center, if possible
Use only on appliance circuit
Preheat roaster, or grid, for frying
Preheat for baking, large inset pan in place
Close adjustable vent during preheating
Use cold start for oven meals, roasting
Add 15-30 min. to recipe time for cold start
 $\frac{1}{4}$ c. water for green veg's., $\frac{1}{2}$ c. for starchy
Place meat for broiling no closer than 2"

SELECTION OF ELECTRIC RANGE:

Table-top desirable, height 36"
Unit body construction - sturdy, braced
Location of work space, units, oven, vent
Acid-resisting porcelain enamel top
Well-labelled switches; closed units
Racks and drawers--lock and easy to move
Large well cooker; deep broiler pan
Evaluate special features, use vs. cost
Solve water heating--kitchen heating problems

TYPES OF OVENS & OVEN UNITS:

Ovens: One unit
Two unit:
bottom baking heat
top and bottom heat
Types of units:
open coil
tubular encased.

OVEN SELECTION:

Size: 18-21" deep, 14-18" high, 15-18" wide
Liner: rounded corners, seamless, porc. enamel
Door: tight, counter-balanced, broiler stop,
hinged at bottom, well-designed latch
Racks: non-tilt, non-slip rail, locking
Shelf positions: More than 5, or offset rack (2")
Broiler: under top unit, pref. deep pan
Good insulation; well-located vent
Well-labelled thermostatic control

TYPES OF SURFACE UNITS--MOSTLY TUBE TYPE

Open: open-labyrinth
covered labyrinth

Closed: encased; tubular or rod, ring and solid

SWITCH POSITIONS:

High: start steaming, frying, pressure cooking

2nd: continue frying or fry without attention

3rd: cooking without watching, pressure cooking
melting butter, continue deep-fat frying

4th: continue cooking after steaming

5th: keep food warm, continue cooking

SURFACE COOKING UTENSILS:

Fit unit:	Short side handles
2 or 3 qt.--6" unit	Heat-resistant handles
4 or 5 qt.--8" unit	Recessed knobs on lid
Flat bottom:	Dull or black bottom
Straight sides	Polished sides
Medium weight	Steam vent
Tight covers	Easily cleaned

Useful in oven too

ECONOMICAL USE OF SURFACE UNITS:

1. Serve one-dish meals
 2. Use low heat instead of double boiler
 3. Use small units most; have pan fit
 4. Use 1/4-1/2 c. water (or 1/8-1/4" in pan)
 5. Use flat-bottomed, tightly covered pan
 6. Put pan on unit, then set switch
 7. Turn down or off when steaming
 8. Avoid lifting lid and stirring
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USES OF WELL COOKER:

1. Cooking less-tender cuts of meats
 2. Complete meals of meat, veg's., dessert
 3. Steaming veg's., puddings, brown bread
 4. Soup, chili, stew
 5. Deep-fat frying
 6. Cooking cereals, dried fruits
 7. Baking potatoes, squash, beans
 8. Making casserole dishes
 9. Reheating rolls or biscuits
 10. Sterilizing jelly glasses and baby bottles
 11. Making a large quantity of cocoa
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OVEN OPERATION POINTERS:

Select foods using same time and temp.
Use covered pans, $\frac{1}{4}$ - $\frac{1}{2}$ c. water on veg's.
Cook tender meat in shallow, uncovered pan
Meats & veg's. on bottom; dessert on top
Allow space between pans and pans & walls
When using timer, choose foods that can wait
For baking:

Stagger pans for good heat circulation
Avoid use of black or enamel pans

ECONOMICAL USE OF OVEN:

1. Use oven to full capacity
 2. Have foods at room temp. generally
 3. Adjust racks before preheating
 4. Preheat only until light goes out
 5. Bake low temp. foods first
 6. Time. Don't overcook. Don't peek
 7. Use stored heat
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SETTING OVEN THERMOSTAT-SWITCH

Broiling: Turn to "Broil"
Preheat: Turn to "Broil" first; then
set baking temp. immediately
Timed Bake: Set at temp. required
Follow directions for timer

USE OF OVEN SWITCH POSITIONS:

Preheat: Rapid heating of oven
Rare roasts
Bake-T & B: Most baking
Oven meals
Bake-B: Canning*; large meals
Quantity baking
Slow broil: Well-done thick steak,
chicken, chops**, toast
Speed broil: Rare steaks

PREHEAT OVEN FOR:

Cakes--most types Cookies
Quick breads Pastry

PREHEATING OVEN UNNECESSARY FOR:

Oven meals Yeast bread
Cakes--some types Roasting

POOR OR UNEVEN BROWNING DUE TO:

1. Oven not level
 2. Black or enamel utensils
 3. Pan too large or warped
 4. Poor placement of pans
 5. Over-crowding oven
 6. Insufficient heating
 7. Opening door during baking
 8. Poorly fitting door
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*Oven canning is not recommended.

**Broiling uncooked pork (unless frozen) not recommended.

TYPES OF OVEN MEALS:

1. Long-holding type (3-8 hours freed)
Choose frozen or large cold cuts
Avoid milk or egg dishes
Avoid foods that discolor on standing
Timer must be used for this type
 2. Short-holding type (1-3 hours freed)
Use any meat suitable for time chosen
Use perishable foods if wished
Timer may or may not be used
 3. Interruptable meals
Usually based on large roast or ham
Add other foods at start, midway, or end
Timer not necessary as user is present
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BROILING POINTERS:

1. Use tender meat. Don't broil pork or veal
Score fat edges. Choose veg's., fruits
which cook in same or $\frac{1}{2}$ time of meat
 2. Brush meat, veg's., fruits with fat
Sprinkle fruits with sugar
 3. Do not preheat oven or broiling pan
 4. Adjust shelf to hold broiler pan for

<u>Type of food</u>	<u>Top-of-food to unit</u>
Thin or rare meat	$1\frac{1}{2}$ to 2 inches
Meat, veg's., fruit	2 to 3 inches
Poultry, roast, fish	4 to 5 inches
 5. Set switch &/or thermostat to "Broil"
 6. Leave door ajar; set time reminder
 7. Follow time; turn meat when half done
 8. Do not turn most veg's., fruits, 1" fish
 9. Salt meat, veg's., as dished to serve
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CLEANING BROILER PAN, RACK:

1. Drain fat and drippings from pan
 2. Wipe pan and rack with dry paper
 3. Scrub pan and rack with brush
 4. Use ammonia on stubborn spots in pan
 5. Use steel wool on broiler rack spots
 6. Do not store broiler pan in oven
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CARE OF RANGE:

Rotate use of surface units

Avoid twisting wires to surface units

Pull straight out on oven units

Avoid overheating

Enamel: protect from spills & acids,
sudden temp. changes, scratches,
blows, harsh abrasives, crazing

Cooker: do not heat empty or boil dry
do not store foods in cooker
cool well before storing cooker

Oven: open door to dry after using
avoid leaning on door

CARE OF RANGE - CLEANING:

Remove spillage immediately - paper, dry cloth

Wash when cool - warm soapy water. Rinse dry

Trim: polish with whiting or silver polish

Units: burn spilled food; remove with soft brush

Wash closed units if necessary

Rims: whiting or 00 steel wool for spots

Reflectors: remove & wash or wipe off as pan

Drip tray: remove & wash or wipe when necessary

Well: wipe lining with damp cloth, dry

wipe lid with damp cloth if insulated

Oven unit: char clean; use soft brush, if necessary

Liner: use weak solution ammonia on stubborn stain

fine abrasive or very fine steel wool
